



Self-Management of Osteoarthritis

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Merit Review Entry Program Award Data

- **Focus:** Self Management of Osteoarthritis (OA)
- **Dates:** July, 2004 – June, 2007
- **Mentors:**
 - Hayden B. Bosworth, PhD
 - Eugene Z. Oddone, MD, MHSc
 - Morris Weinberger, PhD

OA and Self-Management in Veterans

- **32%** of veterans have arthritis, compared to 22% of non-veterans.
- **46%** of VA Health Care users have arthritis, compared to 30% of non-users.
- About **50%** of veterans with OA at the Durham VAMC do not take their medications as prescribed.
- **Less than 50%** of veterans with OA at the Durham VAMC currently exercise.



- These facts show the importance of enhancing self-management behaviors among veterans with OA.

Self-Management of Osteoarthritis: A Telephone-Based Intervention



FUNDING PERIOD: 4/1/2006-3/31/2009 (VA HSR&D IIR04-016)

PI: Allen; **CO-INVESTIGATORS:** Bosworth, Oddone, Weinberger, Coffman, Datta

DESIGN & PARTICIPANTS: Randomized controlled trial of 519 veterans at Durham VAMC with knee or hip OA

STUDY ARMS:

- OA Self-Management, Health Education (Attention Control), Usual Care.
- OA Self-Management group receives written and audio self management education materials and monthly phone calls from health educator to support OA-related goals.
- Health Education group receives written and audio materials and monthly phone calls from health educator regarding general health topics.



PILOT DATA: Intervention improved:

- Pain (9%)
- Emotional Health (4%)
- Patients' self-efficacy for managing OA

STUDY PROGRESS

- N=119 Enrolled
 - 48% Non-Whites
 - 10% Women

Related Research

Assessment of Daily Pain Variations Using Electronic Diaries among Individuals with Osteoarthritis

Funding: American College of Rheumatology; Health Professional New Investigator Award (7/05-6/07)

Objectives: To examine handheld computer (PDA)-based pain assessments among individuals with OA and to increase understanding of daily OA pain variability, including race and gender differences



Progress: N=156 Enrolled (45 Veterans)

Epidemiology of Knee OA in Veterans

Funding: Will be submitted to VA CSR&D in Sept, 2007

Objective: To examine occupational, injury-related, military, and genetic risk factors for knee OA in veterans and to establish cohorts of cases and controls for longitudinal study

Progress: Pilot data collection in progress

Manuscripts During MREP Period (Selected)

- Dominick, K.L.,** Golightly, Y.M., Bosworth, H.B. (2005) Racial differences in analgesic/anti-inflammatory medication adherence among patients with osteoarthritis. *Ethnicity & Disease* 15(1) 116-122.
- Dominick, K.L.,** Jordan, J.M., Renner, J.B., Kraus, V.B. (2005) Relationships of radiographic and clinical variables to pinch and grip strength among individuals with osteoarthritis. *Arthritis & Rheumatism* 52(5), 1424-1430.
- Dominick, K.L.,** Dudley, T.K., Coffman, C.J., Bosworth, H.B. (2005) Comparison of three comorbidity measures for predicting health service use among patients with osteoarthritis. *Arthritis Care & Research* 53 (5), 666-672.
- Golightly, Y.M.,** and **Dominick, K.L.** (2005) Racial variations on self-reported osteoarthritis severity among veterans. *Aging: Clinical and Experimental Research* 17, 264-269.
- Dominick, K.L.,** Golightly, Y.M., Jackson, G.L. (2006) Arthritis prevalence and symptoms among U.S. non-veterans, veterans, and veterans receiving Department of Veterans Affairs health care. *Journal of Rheumatology* 33 (348-354).
- Allen, K.D.,** Golightly, Y.M., Olsen, M.K. (2006). Pilot study of pain and coping among patients with osteoarthritis: a daily diary analysis. *Journal of Clinical Rheumatology* 12(3):118-23.
- Allen, K.D.,** Jordan, J.M., Renner, J.B., Kraus, V.B. (2006) Relationship of global assessment of change to AUSCAN and pinch and grip strength among individuals with hand osteoarthritis. *Osteoarthritis and Cartilage* 14(12):1281-7.
- Kaur, S.,** Stechuchak, K.M., Coffman, C.J., **Allen, K.D.,** Bastian, L.A. (2007) Gender differences in health care utilization among veterans with chronic pain. *Journal of General Internal Medicine* 22(2): 228-233.
- Allen, K.D.,** Oddone, E.Z., Stock, J.L., Coffman, C.J., Lindquist, J.H., Juntilla, K.A., Lemmerman, D.S., Datta, S.K., Harrelson, M.L., Weinberger, M., Bosworth, H.B. (Under Review) Self Management of Osteoarthritis in Veterans (SeMOA) study: Design and Methods